TREE FOODS FOR HEALTHY DIETS IN SOUTH SUDAN

PRACTICAL WAYS OF GROWING LOCAL FOOD PLANTS AND DOING IT WELL

FOOD PLANT SOLUTIONS
ROTARIAN ACTION GROUP

Solutions to Malnutrition and Food Security

Australian Aid

World Vision

A project of the Rotary Club of Devonport North, District 9830 and Food Plants International

www.foodplantsolutions.org

Tree foods for healthy diets in South Sudan

FOOD PLANT SOLUTIONS
ROTARIAN ACTION GROUP

Australian Aid

World Vision

The South Sudan Integrated Food Security and Livelihood Project, which is funded by the Australian Government - Department for Foreign Affairs and Trade (DFAT) through the Australia NGO Cooperative Programme (ANCP) funding mechanism, aims to achieve improved household food and income security through increasing agricultural production, productivity and increasing incomes, which can be used to enable families to purchase food and diversify diets.

Food Plant Solutions publications provide educational resources to different stakeholders in South Sudan, with special support to FMNR (Farmer Managed Natural Regeneration) introduction and promotion work, by providing good reference to food plant trees, creating awareness and enabling a better understanding of the nutritional value of their local food plants.

For further details about the project please contact us at: info@foodplantsolutions.org

We welcome and encourage your support.

Food Plant Solutions - A project of the Rotary Club of Devonport North, Rotary District 9830 & Food Plants International.

Food Plants International

Using tree food resources well

The health, well-being and food security of a nation requires making the best use of all available food plant resources.

Tree food plants for healthy diets in South Sudan


Boabab

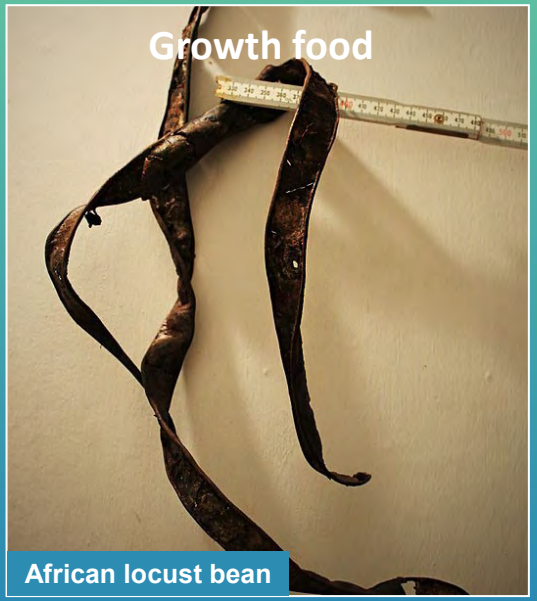

Nettle tree


Paw paw

With a climate ranging from semi-desert to high rainfall woodlands, and a variety of soils, it is time to discover and explore the amazing range of nutrient-rich and frequently over-looked tropical tree food plants that suit South Sudan.

Healthy diets

To stay healthy, all people, and especially children, should eat a wide range of food plants. This should include some plants from each of the food groups:
Energy foods - e.g. Goat's horns
Growth foods - e.g. African locust bean
Health foods - e.g. Moringa
Then each of the nutrients required by our bodies will be met in a balanced manner.



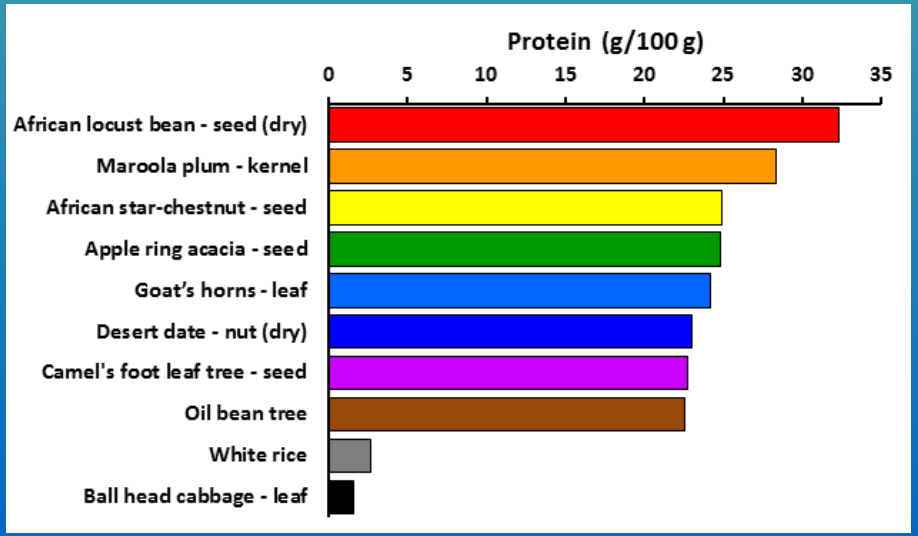
Food security

Grow a range of different tree food plants that produce at different times throughout the year, so food doesn't become short in some seasons. This should include trees that provide fruit, nuts, leaves and starch.

Protein foods

Some tree food plants can be important sources of protein, particularly if fish and meat are not readily available.

African locust bean



Maroola

Vitamin A for good eyesight

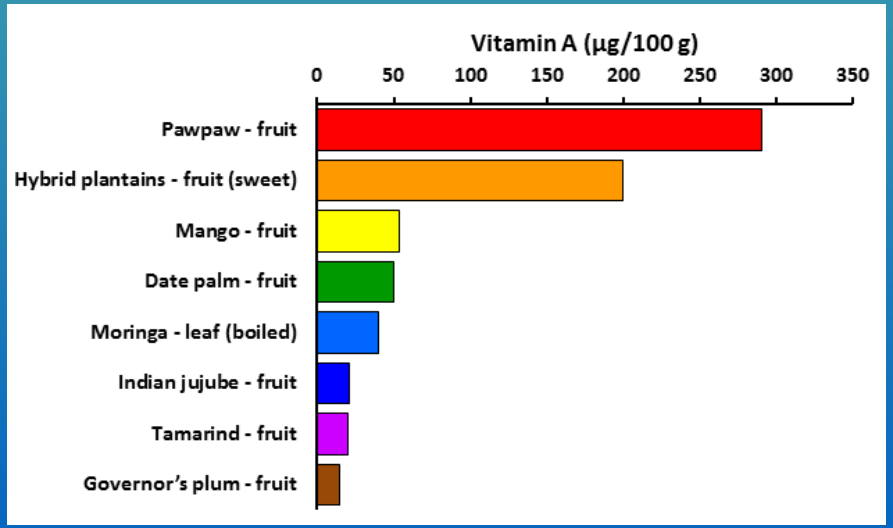

Pawpaw

Vitamin A is very important for eyesight and fighting disease, particularly in infants, young children and pregnant women.

People who are short of Vitamin A have trouble seeing at night.

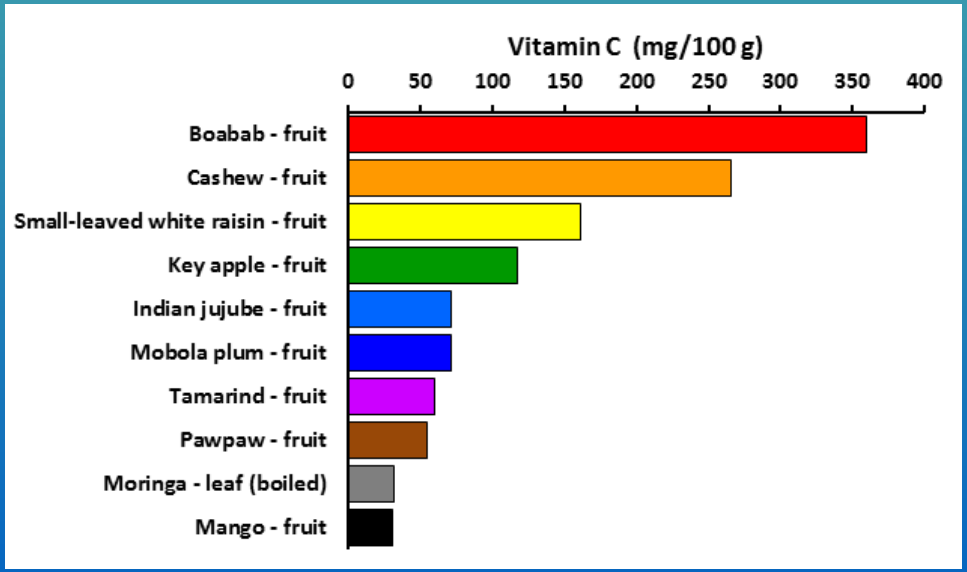
In plants, this chemical occurs in a form that has to be converted into Vitamin A in our bodies.


Hybrid plantains



Vitamin C for good health

Vitamin C is important for helping us to avoid sickness.



Iron for healthy blood

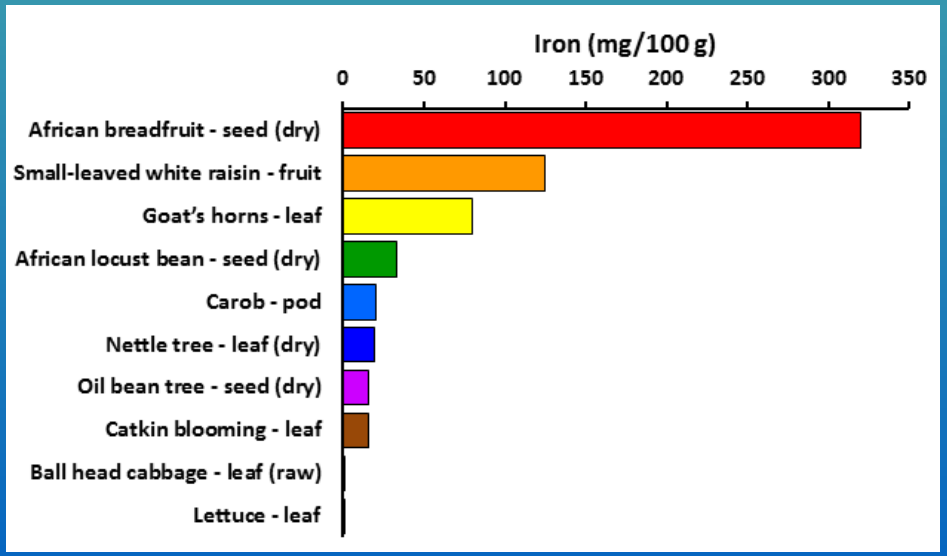

African breadfruit

Iron is important in our blood. It is what makes our blood red.

Iron helps oxygen get to our lungs. This helps us to have energy to work.

When we are short of iron we are called anaemic. Iron is more available when Vitamin C is also present.


Small-leaved white raisin

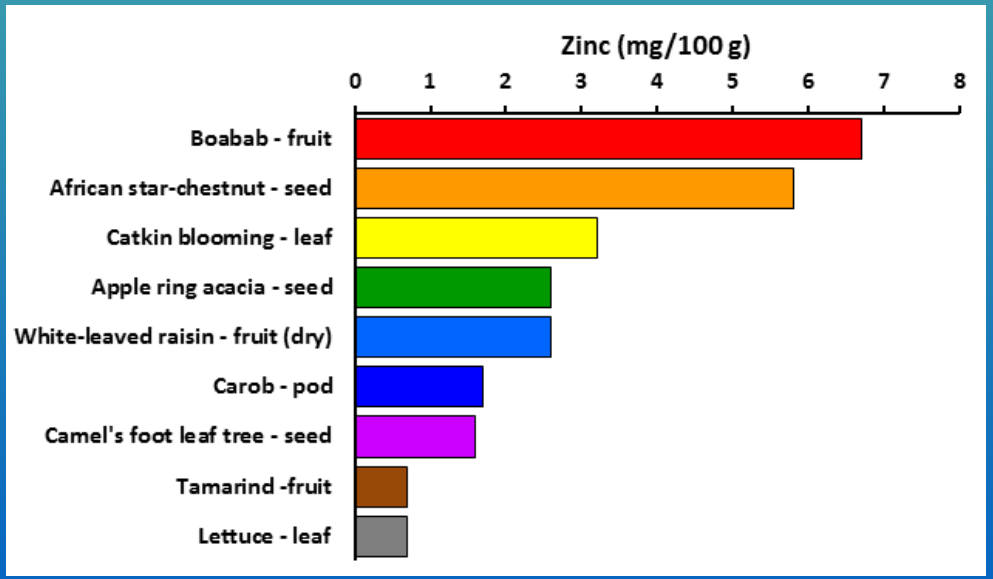


Zinc for growing bodies

Zinc is particularly important for young children and teenagers to help recover from illness and be healthy.


Catkin blooming


Apple ring acacia



A number of trees in South Sudan can be grown for starch

Starchy staple foods are important energy foods for people in South Sudan.

Starch foods provide a good basis for the rest of the diet.


African wild mango


Oil bean tree


Scotsman's rattle

Some starch trees are suited to drier climates

Desert date

Date palm

Some starch trees are suited to wetter climates


Oil bean tree


African wild mango


Hybrid plantains

Legumes provide protein and restore soils

Legumes have special bacteria attached to their roots that allow them to take nitrogen from the air and put it into the soil for plants to use.

It is free fertiliser!


African locust bean


Apple ring acacia


Camels foot leaf tree


Tamarind

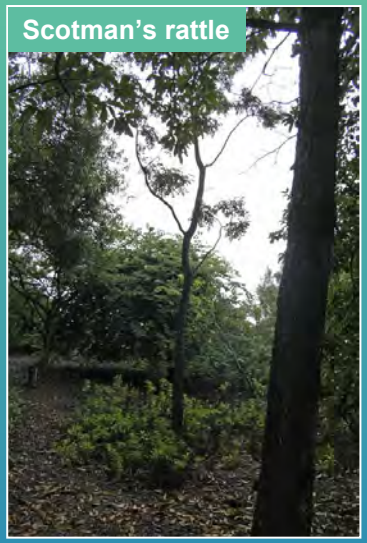
There are tree legumes that grow in dry climates


Carob


Apple ring acacia


Camels foot tree leaf

Moist areas also grow tree legumes


Scotman's rattle


Tamarind


African locust bean

Leafy green foods are important

Dark green leaves are an important source of iron, protein and other vitamins and minerals essential for healthy diets.

Dark green leaves contain folate which all women of child-bearing age need.

Low levels of folate at conception can lead to serious birth defects.

Everybody, especially women and children, should eat a hand full of leafy greens each day.


Catkin blooming


Moringa

Leafy green foods can be harvested from a variety of trees


Nettle tree

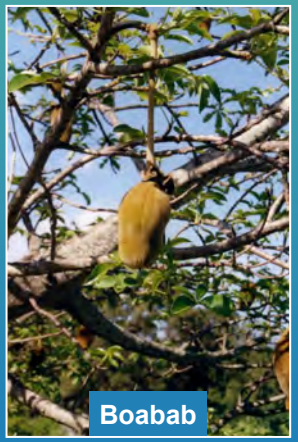

Goat's horn

Everyone should eat some fruit everyday

Fruit provide minerals and vitamins and other important nutrients that everybody needs to stay healthy and well.

Fruit add flavour to life and make good, quick snacks.

Fruit trees for dry climates



Fruit trees for wet climates


Cape fig


Monkey guava


Hybrid plantains


Paw paw


Governor's Plum


Wild custard apple

Nuts for snacks and nutrition

Nuts are nutritious and storable.

Nuts are tasty.

Nuts are rich in protein, vitamins and minerals.

Nuts can be stored to provide food out of season.


Desert date


Cashew


Shea butter nut


African breadfruit

Nut trees for dry climates


Shea butter nut


African star chestnut


Desert date


Sebastan

Nut trees for moist climates


African breadfruit


African wild mango


Tamarind


Cashew

Scientific name	English	Dinka	Arabic
Adansonia digitata	Boabab	Dunydud, Zuony	Tebeldi, Humar
Amblygonocarpus andongensis	Scotsman's rattle		Hashrajat almawt
Anacardium occidentale	Cashew		Alkajw
Annona senegalensis	Wild custard apple	Yerber, Pac	Gisshta
Azanza garckeana	Chewing gum tree	Adook	Arabic gum
Balanites aegyptiaca	Desert date	Thou, Apamthou	Higlig, Lalob
Bauhinia thonningii	Camel's foot leaf tree	Pac	Abu Khamira / Khuf
Boscia angustifolia	Rough leafed boscia	Akondok	Mokheit
Boscia senegalensis	Dila	Akondok	
Carica papaya	Pawpaw	Papaya	Pawpaw
Celtis integrifolia	Nettle tree	Abyei, Ariek, leer	Ibnu, Mahagai
Ceratonia siliqua	Carob tree		Khurub
Cordia myxa	Sebastan tree	Akoc, Akuei	
Diospyros mespiliformis	Monkey guava	Cum	Abu sebala

Scientific name	English	Dink	Arabic
Dovyalis caffra	Key apple		
Faidherbia albida	Apple ring acacia		Haraz, hiraz
Ficus sur	Cape fig	Ngaap	Gameiz
Ficus sycomorus	Sycamore fig		Aljamiz altyn
Flacourtia indica	Governor's plum		Bariq alhakim
Flueggea virosa	White-berry bush		
Grewia bicolor	White-leaved raisin		
Grewia tenax	Small-leaved white raisin	Apoor, Apormundy	Ummageda, Gadein
Irvingia gabonensis	African wild mango		
Mangifera indica	Mango	Mango	Manga
Moringa oleifera	Moringa		Shajarat alfajl
Musa x paradisiaca	Hybrid plantains	Muuth	Musa
Opilia amentacea	Catkin blooming	Aladhooc, Acinguan	

Scientific name	English	Dinka	Arabic
Parinari curatellifolia	Mobola plum		
Parkia filicoidea	African locust bean	Akon	Um Rashad, Mudus
Pentaclethra macrophylla	Oil bean tree		
Phoenix dactylifera	Date palm	Akarap	Belah, Nakhla
Punica granatum	Pomegranate		
Sclerocarya birrea	Maroola plum	Gumel	Akamil
Sida cordifolia	Goat's horns	Gem thok, ladha	Um Hebiba, Um
Sterculia africana	African star-chestnut	Boggo, Adhiak	Baroot, Tartar
Tamarindus indica	Tamarind	Cuei	Ardeib
Treculia africana	African breadfruit	Penne in from uganda	
Trichilia emetica	Banket Mahogany		Bank almahujuni
Vitellaria paradoxa	Shea butter nut	Raak	Lulu
Ziziphus mauritiana	Indian jujube	Laang	Nabak

Acknowledgements

This publication has been developed as part of a project undertaken by Food Plant Solutions Rotarian Action Group, World Vision and the Australian Government (DFAT).

It would have not been possible without the commitment and support of the various volunteers, who have shared the vision and unselfishly given their time to support this project, specifically - Lyndie Kite, John McPhee and Mel Bower.

For further details about the project please contact us at info@foodplantsolutions.org.
We welcome and encourage your support.

Food Plant Solutions - A project of the Rotary Club of Devonport North, Rotary District 9830 & Food Plants International.

Notes:

Notes:

Solutions to Malnutrition

and Food Security

FOOD PLANT SOLUTIONS

ROTARIAN ACTION GROUP

www.foodplantsolutions.org